

Worksite Wellness Success Stories

May 2008

Walking Competition Department of Labor and Economic Growth Battle Creek, Grand Rapids



The Battle Creek Michigan Rehabilitation Services (MRS) Office and Grand Rapids District Office (GRDO) participated in a six week **walking competition**.

In 2007 Stacy Janusz and Rita Wooten were talking about getting more active. This conversation blossomed into starting this work-place competition. The participants all contributed a dollar and the six week competition began.

Teams of five competed to see who walked the most daily/weekly, measured by time to make it fair for all fitness levels. The walking had to be purposeful walking - not grocery shopping or strolling. Treadmills and walking dogs were okay, but those were the only additions to just getting outside and moving. Battle Creek office got the support of their entire office, and staff who were not part of the actual team also signed up! One member lost eight pounds and everyone wants to expand the contest to other offices in the fall. The competition ended on May 23, 2008 with the Grand Rapids office logging 5672 minutes and the Battle Creek office logging 6085 for a *total of **11757 minutes** of walking.*

We are looking forward to the fall competition and will welcome any other offices who would like to compete as well.

-Submitted by Rita Wooten